

## **Abstract:**

**Title:** Methods of under water time extension on one breath and risks connected with it

**Objectives:** The main goal of this labour is to compare several sources related to free diving. Find out methods of under water time extension on one breath. Detaily zoom them to reader and alert him to risks connected to it. Further inform reader about shocks and diseases connected with free diving and outline its resolution. For understanding global problem of this labour is also one of the goals put near physiology of breathing. This labour has mainly informative charakter, witch can help to increase efficiency and minimalization of risks, even minimalization of bad effects connected with free diving.

**Methods:** In this labour, I used analysis method of documents. It was mainly used literature sources related to human physiology and free diving.

**Results:** Suggest optimal methods, which result in raiseing output, and minimalization of risks, or consequences related to free diving.

**Keywords:** diving, hypoxia, ventilating, oxygen, hyperventilation, free diving